

Variable	Mean	SD	Min	Max
Age	35.2	12.5	18	65
Gender	0.45	0.50	0	1
Marital Status	0.60	0.49	0	1
Education	12.8	1.5	9	16
Income	3200	1500	1000	8000
Health Status	0.75	0.43	0	1
Employment	0.80	0.41	0	1
Stress Level	4.2	1.8	1	7
Life Satisfaction	5.8	1.2	3	7
Resilience	6.5	1.0	4	7
Optimism	5.5	1.5	3	7
Gratitude	6.0	1.2	4	7
Forgiveness	5.2	1.4	3	7
Self-Compassion	5.0	1.3	3	7
Emotional Regulation	5.5	1.1	3	7
Mindfulness	4.8	1.6	2	7
Transcendental Meditation	4.5	1.4	2	7
Vipassana	4.2	1.5	2	7
Zen	4.0	1.3	2	7
Therapy	4.5	1.2	2	7
Support Group	4.0	1.1	2	7
Religion	4.5	1.0	2	7
Spirituality	4.2	1.2	2	7
Philosophy	4.0	1.1	2	7
Art Therapy	4.5	1.3	2	7
Music Therapy	4.2	1.2	2	7
Dance Therapy	4.0	1.1	2	7
Journaling	4.5	1.0	2	7
Reading	4.2	1.2	2	7
Exercise	4.0	1.1	2	7
Yoga	4.5	1.0	2	7
Meditation	4.2	1.2	2	7
Prayer	4.0	1.1	2	7
Relaxation	4.5	1.0	2	7
Stress Management	4.2	1.2	2	7
Emotional Support	4.0	1.1	2	7
Life Coaching	4.5	1.0	2	7
Personal Development	4.2	1.2	2	7
Self-Help	4.0	1.1	2	7
Therapeutic Interventions	4.5	1.0	2	7
Behavioral Change	4.2	1.2	2	7
Personal Growth	4.0	1.1	2	7
Life Skills	4.5	1.0	2	7
Emotional Well-being	4.2	1.2	2	7
Physical Health	4.0	1.1	2	7
Mental Health	4.5	1.0	2	7
Social Health	4.2	1.2	2	7
Overall Well-being	4.0	1.1	2	7

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